Program Descriptions (continued)

New and experienced players welcome. FOOD TRUCK LUNCH: CAFE RICO Join us for lunch from our food truck of the month from 11:00 a.m. - 2:00 p.m. HAPPY HEART YOGA Hatha Yoga class improves strength, flexibility and overall balance, and is ‘gentle on the joints.’ $3 donation requested.

IPHONE AND IPAD TUTORIAL Learn how to navigate your iPhone and iPad and optimize your devices while learning online safety features. This class is broken into two parts each week - beginner and intermediate.

KNITTING CLASS Intro to knitting class is the perfect way to learn how to knit or brush up on your skills in a fun environment. All supplies will be provided. Limited to 6 people. Check for availability. LINE DANCING Fun, exciting way to dance your way to good health. 11:00 a.m. - 12:00 p.m., for everyone and 12:00 - 12:30 p.m. for intermediate dancers. Kick-start your weekend!

MAC COMPUTER CLASS Learn the basics of the Mac OS Mojave operating system. Bring your Mac laptop if you have one. MANAGING GRIEF & LOSS Support group to help you through the healing process and cope with grief. For anyone aged 55 and better! $10 per individual OR $15 per household. 

A booth in a diner is the world’s small- est neighborhood. This great quote from Denny’s incorporates what we’re all about. We bring the chow; you bring the chat.

Becoming a member is easy. Just stop in the Center and fill out a membership form. Our friendly staff is here to help you get the most out of your Senior Center.

Passport to Health

PASSPORT TO HEALTH • PASSPORT TO HEALTH • PASSPORT TO HEALTH

October 2019 Event Calendar

Check out our program descriptions and decide what you want to attend this month

Visit the Center 201 Campbell Drive behind the City of Niceville complex and library.

The Monthly Newsletter of the Niceville Senior Center

Help us provide food to kids in need. Please bring in the following non-perishable items:

Breakfast, Lunch & Dinner Meals

Examples: Chef Boy-ar-dee, Mac n’ Cheese Grits, Oatmeal, Cereal Beef Stew, Soup, etc.

Support group to help the healing process and develop coping skills after the loss of a loved one. Andrea Kroha holds a Master’s Degree in Clinical Psychology and has many years of experience.

Join the Senior Center Membership: For anyone aged 55 and better! Annual Membership Fees: Niceville City Residents: Free Others: $80 per individual OR $100 per household Monthly Membership Fees: $10 per individual OR $15 per household.

Day Rate: $3 per person

Hours: 8:30 a.m. - 5:30 p.m. M-F Location: 201 Campbell Drive across the pool and wing lot from the Niceville Recreation Area and behind the City of Niceville complex and library.

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Becoming a member is easy. Just stop in the Center and fill out a short registration form at 279-6436 ext. 1602 for more information. Our friendly staff is here to help you get the most out of your Senior Center.

MEDITATION ART

Focus on the safe place inside yourself and then express how you feel by drawing and painting our emotions in acrylic colors. Use your hands and brushes through meditation to create. This class is led by a professional published artist that has an amazing story. No art experience necessary! $5 donation to instructor requested.

MEXICAN TRAIN DOMINOS

Join us for a laid-back, easy introduction to dominos.

MILKSHAKES

Join us on Tuesday afternoons for a cool treat from 2:00 - 2:30 p.m.

NATURAL HEALING WITH ESSENTIAL OILS

Join Kathy Moyer of Doterra as she leads us through safe and effective natural healing with essential oils.

PARTY BRIDGE

Beginners and experienced players are invited to make new friends while enjoying a friendly game of bridge. Call Bill Ready at 897-3322 to reserve a spot.

POOL LEAGUE

Laid back group of individuals playing pool and socializing. Time set aside for pool players. Contact Bob Black at 917-415-9091 to be a part of the league.

PORCELAIN PAINTING

Create a small piece of porcelain art. Discover the techniques involved in making delicate traditional English tea service accessories. Once you paint your dish it will be fired in a kiln three times. You will take home your new treasure to display.

PORTRAIT SKETCHING TIME

This class is sketching time with a model. It is led by talented portrait artist, Kathleen LoGalbo. Some instruction is available, however, this is not a teaching class. $2 donation suggested for model. Punch card not accepted.

ROUND TABLE DISCUSSION GROUP

In informal discussion group addressing economic, political, and sociological issues throughout the world.

RUMIKUB

New and experienced players welcome. Impromptu games in the café happen throughout the week.

SEATED ZUMBA GOLD CHAIR CLASS

This high-energy, fun fitness class is for anyone who wants to exercise sitting down – in a chair, in a wheelchair, or on a stability ball. Designed for people with limited mobility and people with balance issues. $3 donation requested.

SOCIAL GAME TIME

Learn techniques to flow with and react to the changes and confrontations of life.

TAOIST TAI CHI (MONDAYS)

Learn techniques to flow with and react to the changes and confrontations of life.

TAI CHI (THURSDAYS)

Learn techniques to flow with and react to the changes and confrontations of life.

TALK WITH A DOC

Join Dr. Mitchell Silver as he discusses a booth in a diner is the world’s small- est neighborhood. This great quote from Denny’s incorporates what we’re all about. We bring the chow; you bring the chat.

VETERAN’S CHAT ‘N CHews

“A booth in a diner is the world’s small- est neighborhood.”

Volunteer meeting

All volunteers are encouraged to attend this monthly meeting. If you are interested in becoming a volunteer, please pick up a volunteer form at the desk.

WHAT’S THE BUZZ

One-hour lecture about bees, non-bees and bee imitators that you may find in your garden. Learn who stings, pollinates and the good ones vs. the bad ones.

ZUMBA GOLD

Zumba Gold is a dance/fitness class that is designed to be a low impact class with routines that are easy to follow. $3 donation requested.

INFORMATION ABOUT BEES FOR THE NON-BEEKEEPER

One-hour lecture about bees, non-bees and bee imitators that you may find in your garden. Learn who stings, pollinates and the good ones vs. the bad ones.

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